

## SESSION TITLES

### WEEK ONE

Child Directed Play

### WEEK TWO

Child Directed Play

### WEEK THREE

Academic and Persistence Coaching

### WEEK FOUR

Social and Emotional Coaching

### WEEK FIVE

Effective Praise and Encouragement

### WEEK SIX

Rewards and Incentives

### WEEK SEVEN

Rules, Routines and Limit Setting

### WEEK EIGHT

Effective Limit Setting

### WEEK NINE

Follow Through with Commands

### WEEK TEN

Ignore

### WEEK ELEVEN

Time Out

### WEEK TWELVE

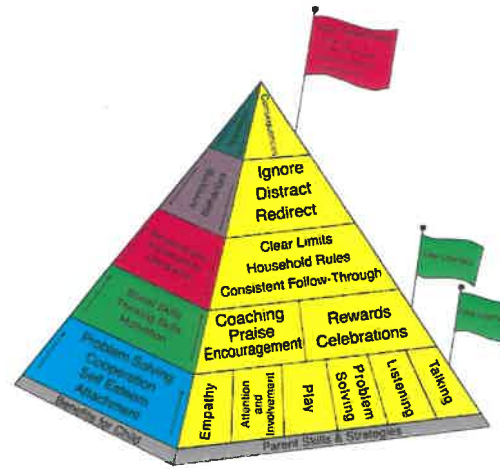
Time Out

### WEEK THIRTEEN

Natural and Logical Consequences

### WEEK FOURTEEN

Graduation



Parenting Pyramid®

## General Overview

A Clinical Psychologist - Carolyn Webster-Stratton developed the Incredible Years Parenting Program. The program has been extensively researched for over 30 years to provide the most accurate way to help children grow up through life's hurdles in the best possible way. The Incredible Years Program uses 14 weeks of two and a half hour sessions to give you information and practical application to ensure that in the completed time, you the parent have enough tools to tackle any behavior issues that your child presents.

## INCREDIBLE YEARS PARENTING PROGRAM

FOR 3-8 YEAR OLDS

FREE 14 WEEK COURSE

Positive Families



Fresh Start Families



Ministry of Education

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## FRESH START FAMILIES

### 1. Who are we?

Fresh Start Families is the business name of Matai Bennett who has been delivering Incredible Years since 2010

My name is Iwi Te Whau I work for the Ministry of Education, Kaitakawaenga for Learning Support. I've been delivering the Incredible Years since 2010.

### 2. Why do we deliver Incredible Years?

Matai is married with 5 children and knows firsthand about the difficulties of parenting.

Iwi is married with four children and four mokopuna.

We are passionate about upskilling parents and producing great kids for our community. After seeing families struggle with the changes of law around smacking etc, they have become determined to continuously offer better strategies and techniques to help the family environment to be filled with laughter and joy rather than arguing and tears.

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## QUESTIONS PEOPLE OFTEN ASK

### 1. What kind of behavior can you help with?

All sorts is the short answer; hitting, arguing, answering back, swearing, won't help or do chores, angry, scared, cries often, lazy, disobedient, and lots more.

### 2. What kind of people do the course?

We have had a variety of people attend; parents, grandparents, solo mums and/or dads, court ordered parents, parents who have had older children but are raising a young one again, separated parents trying to work out how to raise kids in two homes, parents that feel embarrassed about their kid's behavior in public, parents that think their kids are ok but they would like some extra help, to name a few.

### 3. Why is the course so long?

30 years of study says that it takes 10-14 weeks to learn enough skills to ensure you get the result you are looking for.

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## COURSE INFORMATION

Dates: 5<sup>th</sup> August to the 4<sup>th</sup> November

Venue: St Andrews Church  
89 Titiraupenga St  
Taupo  
(Behind the Warehouse)

Time: 10am -12:30pm

Day: Wednesday

### What do we supply?

- All stationary needed to attend.
- Morning tea is also provided.

### What do you supply?

- A desire to be involved and learn

## CONTACT DETAILS:

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**Just send us a text or email and we will get back in touch with you ASAP.**